

## SKYPE ONE-2-ONE BUTEYKO COURSE OUTLINE – 2016 July

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This Skype Buteyko breathing re-training course is taught on a One2One basis. The following is a guide, as the order of subjects will necessarily vary, depending on the individual. Homework exercises are to be completed in between the lessons. For the best chance of losing symptoms and regaining health, you are aiming to raise the Morning Control Pause (MCP) to 20 seconds then to 40 and to keep it at 40 seconds for 3/6 months. To achieve their goals most people will need to practice the Buteyko exercises for a minimum of 3 months.

### **WEEK 1 Lesson 1 -**

Following receipt of your Registration form & your receipt of a workbook to record and monitor your progress

- Breathing assessment and introduction to Dr Buteyko's Method. You set your personal goals.
- Observe/connect with your breathing. The effect on the breathing of correct posture and relaxation.
- Check your health using the breath-hold exercise Control Pause - (CP).
- What is normal breathing and Chronic Hidden Hyperventilation
- The importance of and how to maintain, 24 hour nasal breathing, even during sleep!

### **WEEK 2 Lesson 2 -**

- You learn the Reduced Breathing - (RB) and Extended Pause - (EP) exercises.
- Recognising early signs of an asthma, panic or HV attack, and learning the STOPP technique to overcome attacks.
- Overview of dysfunctional breathing conditions; asthma, snoring/sleep apnoea, migraines etc. Review of medication and CPAP machine.
- Changing lifestyle habits to improve your health. Exploration of physical exercise options.
- You learn and practise the relaxation, CP, and Small Breath Holds exercises – (SBH).

### **WEEK 3 Lesson 3 -**

- Feedback, practice and refinement of the exercises.
- Stress? - Recognise 'Fight or Flight' - how stress contributes to an over-breathing pattern (CHVS).
- The effects of food, drink, and triggers. What to avoid and how to manage your response.
- You learn and practise a special mind/body continuum Breath Watching technique – (BW).
- How to speak like the Queen! Speaking the Buteyko way.

### **WEEK 4 Lesson 4 -**

- Feedback – looking at your results so far – further practice and personalisation of your set of exercises.
- You learn and practice the Steps exercise – (ST).
- How to recognise clearing symptoms - managing 'flu, chest infections, etc.
- How to integrate Buteyko into daily life: socialising, eating out, work, school, etc.
- We summarise the course, you receive your future programme and arrangements made for follow-up

### **Follow-up programme – OPTIONAL but strongly recommended!**

As long-term sufferers (now recovered!) from breathing disorders, your Buteyko teachers understand the importance of follow-up and support on the road to recovery. We commit to giving you all the personal attention necessary to help you achieve your personal health goals. An optional follow-up package is provided